AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims

Claim 1 (Currently amended): A thawing method by which a frozen commodity is thawed by means of high frequency heating comprising:

- a first high frequency heating step for high frequency heating the frozen commodity to the vicinity of a melting temperature of the frozen commodity;
- a temperature detection step for measuring the temperature of the frozen commodity during the first high frequency heating step and detect[[s]] ing that the measured temperature has reached the melting temperature;
- a steam supplying step for starting a steam supply when the melting temperature is detected in the temperature detection step, thus forming a film of dew condensation on the surface of the frozen commodity; and
- a second high frequency heating step for high frequency heating the frozen commodity after the start of the steam supplying.
- ${f Claim}$ 2 (Original): A thawing method according to claim 1, including

a weight evaluation step for evaluating the weight of the frozen commodity based on a temperature increase rate of the frozen commodity measured in the temperature detection step,

wherein the heating time of the first high frequency heating step is set in accordance with the weight evaluation result from the weight evaluation step.

Claim 3 (Original): A thawing method according to claim 1, including

a weight evaluation step for evaluating the weight of the frozen commodity based on a temperature increase rate of the frozen commodity measured in the temperature detection step,

wherein the steam supplying time of the steam supplying step is set in accordance with the weight evaluation result from the weight determination step.

Claim 4 (Original): A thawing method according to any one of claims 1 to 3, including

a steam exhaust step for reducing an amount of steam inside a heating chamber, in which the frozen commodity is placed, after the steam supplying step. Appl. No. 10/578,128 Amdt. Dated: August 29, 2008 Reply to Office action of June 2, 2008

Claim 5 (Original): A thawing method according to any one of

claims 1 to 4, wherein the temperature detection step, while

scanning an infrared ray sensor which simultaneously measures a

plurality of points, detects that the average value of the

surface temperature of the measured frozen commodity has reached

the melting temperature.

Claim 6 (New): A thawing method according to claim 1, the high

frequency heating in the first high frequency heating step is

stopped during the steam supplying step.

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